

**IN THE CLAIMS**

Please cancel Claims 1-8, 12, 19 and 20 without prejudice.

Please amend Claims 9, 13, and 18 as follows (underlined text indicating insertion and strikethrough indicating deletion):

9. (Once Amended) A safety system for preventing injury from a fall, comprising:

a safety harness for engaging a wearer;

a standing line for attachment to a support structure;

a sliding loop comprising a knotted length of rope slidable along at least a portion of the length of said standing line, wherein said sliding loop is freely movable along said standing line when not loaded, but resists movement relative to said standing line when under load; and

coupling means for attaching said sliding loop to said safety harness.

13. (Once Amended) The safety system of Claim 9-12, wherein said knotted length of rope has a smaller diameter than said standing line.

18. (Once Amended) A method for preventing injury due to a fall from an elevated position, said method comprising the steps of:

securing a standing line to a support structure adjacent the elevated position;

slidably connecting a sliding loop comprising a prusik hitch to the standing line, whereby the sliding loop is freely movable along the standing line when not loaded, but resists movement relative to the standing line when under load; and

coupling the sliding loop to a harness worn by a user.